



Date : 24/05/2023

Pages : 187

Format cm : 15 x 21

Prix : 19.9

EAN : 9782080423955

## Goal: Zero Stress

---

Authors: Lev Rosen - Myriam Paperman

Publisher : Flammarion

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Psychology - Well-being - Personal growth

---

A toolkit for easing the most commonly encountered mental health issues.

*Goal: Zero Stress* is a practical and accessible guide to understanding stress, anxiety, and depression, and reconciling with yourself and with others.

---

Rights Sold: Italian